

# SBP Meal Pattern - 4 Day

## School Breakfast Program

### Serve Only

- Minimum 3 items served daily
- Must prepare each of 3 required items in required amounts:
  - **Milk, Fruit/Vegetable, Grain**
- Students must have all items on tray at POS

### Offer vs. Serve (OVS)

- Minimum 4 items offered daily
- Must prepare each of 3 required items plus an additional item:
  - **Milk, Fruit/Vegetable, Grain, and 1 additional item** (may be meat/meat alternate, grain, or fruit/vegetable)
- At POS: Must take at least 3 items, 1 item must be ½ cup Fruit or vegetable.

Food Components	Grade K - 5	Grade 6 – 8	Grade 9 - 12
<b>Milk</b> -Must offer two varieties (1% or fat-free, unflavored, or flavored). One of the varieties offered must be unflavored.	4 cups/week 1 cup daily	4 cups/week 1 cup daily	4 cups/week 1 cup daily
<b>Fruits / Vegetable</b> -Juice must be 100% full-strength. -No more than half weekly offering may be juice.	4 cups/week 1 cup daily	4 cups/week 1 cup daily	4 cups/week 1 cup daily
<b>Grains / Breads</b> -Daily & weekly minimums must be met -At least 80% of grain items offered must be whole grain rich (WGR)	5.5-8 oz equivalent/week* 1 oz daily minimum	6.5-8 oz equivalent/week* 1 oz daily minimum	7-8 oz equivalent/week* 1 oz daily minimum
<b>(Meat or Meat Alternates)</b>	None required but may substitute 1 oz eq of meat /meat alternate for 1 oz eq of grains after minimum daily grain is met.		
<b>Minimum – Maximum Calories (kcal)</b> Weekly average	350 – 500	400 – 550	450 - 600
<b>Saturated Fat (% of total calories)</b> Weekly average	<10%	<10%	<10%
<b>Sodium Target 1*</b> Weekly average	≤ 540 mg	≤ 600 mg	≤ 640 mg
<b>Trans Fat</b>	0 grams/serving	0 grams/serving	0 grams/serving

\*Staying within the maximums for Grain & M/MA helps with dietary specifications but is not required.

This institution is an equal opportunity provider.

Last updated by OPI SNP- 06/2022

